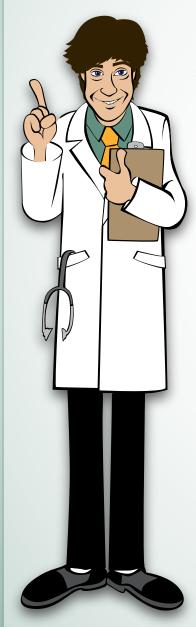
## Personal Steps to Preventing the Flu



## There are good health habits that can help prevent the flu. These are:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick.

  You will help prevent others from catching your illness. Call your doctor if your symptoms last a long time or get worse over time.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Remember to properly dispose of your used tissues.
- · Wash your hands often to help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a
  person touches something that is contaminated with germs and then touches
  his or eyes, nose, or mouth.
- Get adequate sleep. Lack of sleep (rest) reduces your body's resistance to the flu.
- Drink lots of water. Catching the flu becomes more likely when you're dehydrated.
- In addition to drinking water, eat five or more servings of fruits and vegetables daily – and always eat breakfast. Good nutrition is an excellent way to keep your body resistant to the flu.
- Don't smoke. Smoking lowers your body's resistance to disease and causes damage to your lungs and respiratory system.
- Exercise. Activities that increase your heart rate, such as walking, biking, and swimming are excellent ways to keep your body resistant to disease.

